



Northampton Aquatic & Family Center at JFK Middle School, 100 Bridge Rd. Florence

The ABC's of Yoga **and beyond** **FALL 2015**

Instructor Beth will break down a variety of yoga poses to teach participants how to better align their bodies. Explore breathing and meditation techniques to help quiet your mind.

September 14 - November 2

Day: Mondays
Time: 6:00 - 7:00 PM
Location: Aquatic & Family Center
Fee: \$55 / \$60 / \$70 - (8 week)

Fees listed in the order of Member/Non-member/Non-member, Non-resident

This adult class is a great way to build a strong and more flexible body. Ideal for beginners or for anyone wanting to work on stress-release. Participants should provide their own yoga mat or a towel to lay on.

**Registrations accepted at the AFC at JFK Middle School, 100 Bridge Rd., Florence, MA
Mon-Fri 4:00-8:00pm & Sat 10am-5pm and Sun 11:00am-4:30pm, 587-1046**
or

**Northampton Parks & Recreation Dept., 90 Locust St., Northampton, MA
Mon-Fri 8:30am-4:30pm 587-1040
www.northamptonma.gov/recreation**